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Bulletin

OF THE

l Tuberculosis Association

Vol. VIII AUGUST, 1922 No. 8

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Rehabilitation Project for berculosis Patients

There are large possibilities and promise in the plans now being formulated for a tuberculosis sanatorium of unique type in Columbia County, New York. The generous provisions of the will of Miss Ida Potts make possible an institution whose aim shall be, not only to arrest the disease, "but to provide opportunities for training and employment in gainful occupations, thus leading to the economic as well as physical rehabilitation of the patients."

In the view of the National Tuberculosis Association, which the executor, Mr. Avery, consulted as "the court of last resort" in matters pertaining to tuberculosis, the Ida Potts Memorial Hospital will mark a significant advance in the methods of dealing with a most serious problem. Sanatoria of the usual type have accomplished much for large numbers of tuberculosis sufferers, but the conviction has grown that an extension of the principles of treatment would result in greater benefits still. The patient's resumption of work after his discharge from the sanatorium as an arrested case has only too frequently resulted in the re-activation of the disease. A period of "industrial convalescence" doubtless in the great majority of cases is essential, if patients are to be restored fully to health plus economic independence.

Efforts to this end hitherto made in America, though distinctly encouraging, have suffered unavoidable limitations rendering them inconclusive. Now at length comes the assurance that the work will be on a scale warranting established and far-reaching conclusions. Miss Potts' will, besides the gift of $150,000 for purchasing a site and erecting necessary buildings, makes available for the institution's maintenance the income of $1,250,000. These sums may be further increased from various sources.

The institution is planned at the outset to have a capacity for not less than forty patients, with later expansions accommodating from one hundred to one hundred and fifty. Under the provisions of the will these will include only cases having a favorable prognosis for recovery and presumably already in the ambulant stage. Provision will be made, however, for a few infirmary beds for emergency use.

The plans contemplate training in certain basic lines of employment such patients as may be able to return to the normal channels of commerce and industry that are adaptetd to the purpose. Other beneficiaries may be prepared for positions in tuberculosis sanatoria. Persons unsuited for either of such employments will be enabled to earn a livelihood in "sheltered employment," i. e., under medical and nursing supervision with opportunity for part time work, suited to their physical limitations.

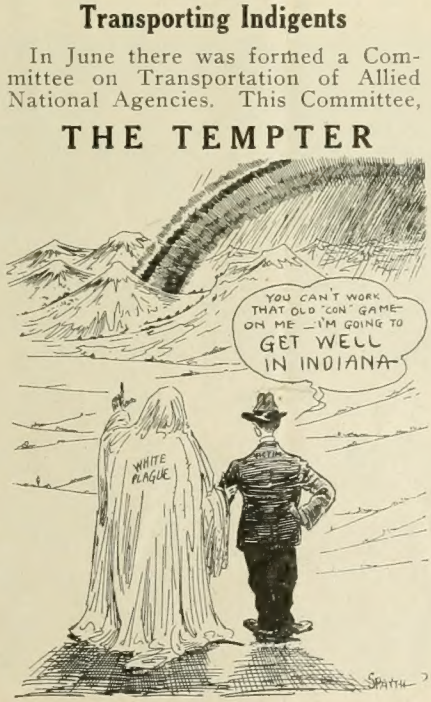
Much remains in the way of detailed planning. Enough is in view, however, to give large grounds for gratification and encouragement among those interested in the conquest of tuberculosis.

Transporting Indigents

In June there was formed a Committee on Transportation of Allied National Agencies. This Committee, formed to deal with charitable transportation, is the successor to the Transportation Committee of the National Conference of Social Work and of the Russell Sage Foundation. The Committee has for President, Mr. C. C. Carstens of the Child Welfare League of America; for Secretary, Mr. F. D. Holbrook of the American Association for Organizing Family Social Work, and for Treasurer, Mr. Arthur J. Strawson of the National Tuberculosis Association. Additional members of the Committee are Dr. Jeffrey R. Brackett of the Boston School of Social Work; Mr. Fred S. Hall of the Russell Sage Foundation; Mr. E. D. Solenberger of the Children's Aid Society, Philadelphia, and Mr. George S. Wilson of the Board of Charities, Washington, D. C.

The Committee proposes to study, amend and republish the Transportation Agreement and Rules and has appointed a sub-committee to start the work. The members of this committee are Mr. Hall, Mr. Wilson and Mr. Holbrook. A Decisions Committee has also been appointed consisting of Mr. Wilson, Mr. Solenberger and Dr. Brackett. After the Agreement and Rules have been revised and published it is proposed to ask the national and state social service agencies to bring the revised charitable Transportation Agreement and Rules to the attention of local agencies with the idea of securing a greater number of signers.

In connection with tuberculosis work, the charitable Transportation Agreement and Rules, if enforced, is thought capable of greatly reducing the migratory consumptive evil. Tuberculosis workers generally will welcome the revival of the charitable Transportation Agreement and Rules.



NEWSPAPER CARTOON USED DURING THE INDIANA MIGRATORY CONSUMPTIVE CAMPAIGN

Indiana Attacks Migratory Consumption Problem

The Marion County (Indiana) Tuberculosis Association has undertaken an intensive educational campaign in which it will seek to educate the community to the grave dangers now surrounding the migration of hundreds of the tuberculous from their own homes to the so-

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called "cure" states. The Association has mapped out a complete program of publicity and education and intends to continue this education throughout the year.

Reports of actual conditions surrounding hundreds of migratory consumptives in the southwestern and western states were obtained by the Association from executive officials of charity and health associations in these states. This material was grouped by the Marion County Association into an educational pamphlet entitled "Why the Tuberculous Without Adequate Finances Should Not Leave Home." More than 400 representatives of civic organizations were utilized as distributing centers throughout the 400,000 people who inhabit Marion County. In addition, thousands of pamphlets were distributed to manufacturers and other heads of business through the Associated Employers of Indianapolis, also to the physicians of the city. Newspapers also told the story of the campaign, and the clergy in the city of Indianapolis was asked to discuss the migratory consumptive problem from the pulpit. Examples of persons seeking the western climate who have been unable to secure employment there, and in consequence suffered real distress, were prepared from actual records of charitable organizations as effective in focusing the attention of the public on the problem.

"Plays and Pageantry" a New Circular

Since 1915, when the National Tuberculosis Association published a group of fifteen health plays, similar organizations interested in sickness prevention through general health habits have been experimenting with this form of public health education. There have been all sorts of plays and pageants used in schools and communities. Many of them good, others out of date, and still others poor in having negative messages.

With a thought for bettering the health play situation, therefore, through studying it, and through gathering together the available material, several members of the National Health Council met last winter and formed a health play committee. A committee of two, Miss Carey, of the Child Health Organization, and Miss Cole, of the National Tuberculosis Association, were appointed to draw up an outline on general standardization of the health play and also to collect, read and sift out the better plays to recommend for use. A group of twenty-five plays and pageants have been chosen and this will be offered by the National Health Council for distribution.

Twelve of these plays have been published by the National Tuberculosis Association, as well as an attractive six-page circular entitled "Plays and Pageantry," listing and describing the twenty-five plays. The price of each is given and the name and address of the organization from which each may be secured. The plays vary in length, number of characters, simplicity or elaborateness of costumes and settings. They present a variety of health messages, positive and happy in spirit. They are in most cases adaptable and allow for interpolation of songs, dances or speeches of local interest. It is hoped that they will be an inspiration for writing other health plays and an incentive to employ this popular form of propaganda more widely throughout the country.

Pennsylvania Plans County Hospital

Pennsylvania has taken a step in the direction of still further enlarging her facilities for handling the tuberculosis problem by providing for the establishment of county sanatoria. A law was enacted by the state legislature at its session last winter under which the people of any county in the state may decide by referendum as to whether they will have a tuberculosis hospital or sanatorium. At the last election, held in November, seven of the most important counties, Delaware, Montgomery, Berks, Luzerne, Lackawanna, Cambria and Beaver, took advantage of the new law to vote on the question. In all of the seven counties there was a large favorable majority.

While the state has had, for more than a decade, a bed capacity in its sanatoria of about 2,400 and an additional thousand beds in private sanatoria, sanatorium and hospital provision has been far from adequate. This is made plain by the fact that Pennsylvania has been running about 10,000 deaths from tuberculosis annually. The matter of securing additional legislation was taken up by the department of health and the Pennsylvania Tuberculosis Society early last winter, with the cooperation of the National Tuberculosis Association. After a number of conferences the bill was put in final form and introduced in the legislature by the department of health. It was passed without a dissenting vote.

The bill provides that whenever one hundred citizens of a county petition the commissioners to establish a tuberculosis hospital, the commissioners must put the question to a vote of the people of the county at the next election. The site and plans of construction of hospitals to be built must have the approval of the commissioner of the department of health. The institutions are to be managed by boards of trustees of five members to be appointed by the court of common pleas. The trustees have such broad powers that they may, if they will, make of these institutions very powerful agencies in the control of tuberculosis. Bonds are to be issued for financing the purchase of site and erection of buildings and the people are to be taxed for maintenance of the institutions. There are no restrictions in the law regarding the admission of patients. Rules and regulations are left in the hands of the trustees.

In all of the seven counties that voted for the establishment of hospitals in November the campaigns were organized by the volunteer tuberculosis agencies. Help was given by the Pennsylvania Tuberculosis Society in planning campaigns and these all had the backing and indispensable support of health and other officials, both local and state. Women's clubs, the League of Women Voters, fraternal organizations, labor unions, newspapers, motion picture managers and other agencies readily gave assistance in the campaigns.

Reports on Health Section of U. S. Bureau of Indian Affairs

In accordance with its policy of making available to sanitarians and others impartial information on the health activities of the United States Government, the National Health Council has issued a mimeographed report on the Health Section of the U. S. Bureau of Indian Affairs. This report presents to the public for the first time a description of the important government health work among the Indians. The report is the sixth of a series planned by the Council, others already published having included:

Division of Vital Statistics, U. S. Bureau of the Census.

U. S. Children's Bureau, U. S. Department of Labor.

U. S. Women's Bureau, Department of Labor.

Division of School Hygiene, U. S. Bureau of Education.

General Report of the Government Health Activities (with chart).

About a thousand copies of these five reports have already been distributed in response to special requests. A statement concerning the Division of Welfare of the Post Office Department is now in preparation. The Council calls attention to the fact that outlines of the U. S. Public Health Service and of the U. S. Bureau of Chemistry are contained in pamphlets issued by these bureaus as Reprint No. 661 from the Public Health Reports and Department Circular No. 137 of the Department of Agriculture, respectively. The Council does not believe that duplication of the pamphlets is necessary.

Copies of the report on the Bureau of Indian Affairs or of any of the other reports may be obtained without charge from the Washington office of the Council, 411 Eighteenth Street, N. W., Washington, D. C.

Putting Nutrition Into Practice

"Health Education and the Nutrition Class," by Jean Lee Hunt, Buford J. Johnson, Ph.D., and Edith M. Lincoln, M.D. Published by E. P. Dutton & Company, New York City, 1921. 281 pp. with illustrations and charts. $3.50 postpaid. Order from the JOURNAL OF THE OUTDOOR LIFE.

Doctor Emerson's nutrition scheme and plan of clinics has been worked out by him and others in groups outside of the public schools and more recently in the schools. Four years ago an effort was made by the Bureau of Educational Experiments to try out Doctor Emerson's methods in a large city school of New York. The results of this experiment covering over three years are reported in a volume entitled "Health Education and the Nutrition Class," by Jean Lee Hunt, Buford J. Johnson, Ph.D., and Edith M. Lincoln, M.D.* The book is an interesting and valuable record supplementing Doctor Emerson's new book of his own experience. Any local tuberculosis or other health executive who attempts to establish the Emerson system of clinics will avoid many dangers and secure much help from reading this new book. The experiment was carried out in Public School No. 64 of New York City on a group of about 200 children. The classes were parts of the regular school system. The children were selected because of certain physical and nutrition abnormalities by the usual school machinery.

It is interesting to note that in the conclusions and recommendations of the program Miss Hunt and her associates found that there was a seasonal variation very apparent in the children. At certain times of the year children of this group tended to weigh more than they did at others. They point out that it is probable that the percentage of underweight which may be considered as constituting malnutrition varies at different age periods also and must be determined with reference to such periods. They did not establish the idea that children tend to certain types, slim or fat, for example, and that it is difficult to make one of the slim type fat or one of the fat type slim, as has been held by some. In interpreting the gains made, the authors point out the following:

"Gains have been largely dependent on initial physical status and proportionate to the relatively superior or inferior condition of the individuals considered.

"Gains have been largely influenced by the technique employed for enlisting cooperation from the children.

"Other conditions being equal, gains have been in direct proportion to the influence exerted on the home and the resulting parental cooperation.

"Gains appear to have been appreciably increased when favorable conditions directly affecting the nutritional processes have been introduced within the school environment."

They conclude in this connection that the results shown suggest that "so-called normal children and children approximating currently accepted norms may benefit by the procedure (of the nutrition class) in proportion to their superior physical condition."

As to the educational program, the authors are unqualifiedly of the opinion that a preventive program on health education must be an integral part of a school's general thinking, administration and equipment. As a corollary of this conclusion they state, "The school can greatly strengthen its educational work by making the adjustments in its equipment and procedure demanded by the health program."

P. P. J.

Children's Health Circus

A health parade and children's circus, held under the auspices of the Westchester County Tuberculosis Committee, marked the beginning of the summer season in one of New York City's chief suburban residential colonies.

In the parade marched the home baseball team "Resistance" and the visiting team "Tuberculosis." Other children in the parade carried placards bearing slogans regarding open windows, milk, outdoor exercises, etc. A number of children represented elephants, giraffes and other animals. The local automobile dealer's association loaned forty cars to the committee, and these bore printed signs dealing with disease-prevention and at the same time advertised the automobiles.

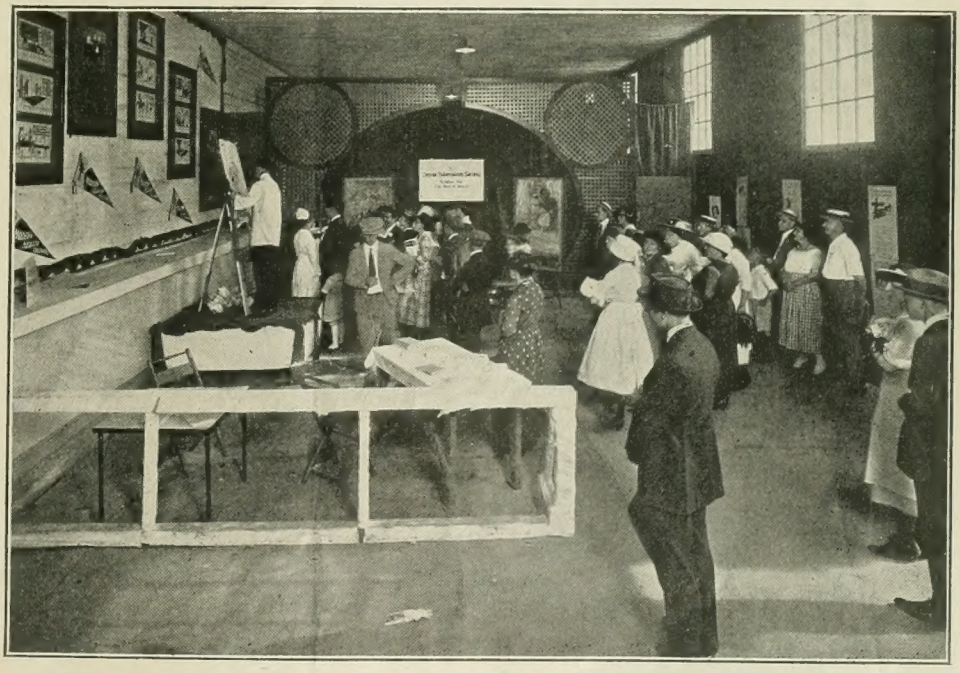
The principal feature of the parade was a "stilt man" who walked so high from the ground that a motorcycle could pass between his stilts.

After the parade, the children's circus took place in the White Plains armory. Five professional acrobatic acts and several amateur acts performed by White Plains school children, were directed by "Humpty Dumpty," the National Tuberculosis Association's health clown. Each act was greeted with as much enthusiasm as though it were a three-ring circus, and for both parents and children the "Health Circus" will be a long remembered event.

"Chalk Talk" on Tuberculosis

In connection with its exhibit at the Michigan State Fair, the Detroit Tuberculosis Society engaged a "chalk talk" cartoonist, whose sketches on health contributed largely to the success of the Society's exhibit at the fair. The artist was mounted on a platform and in rapid fashion drew pictures illustrating various phases of health propaganda. Sketches of vegetables such as carrots were rapidly changed into healthy boys and girls. A short caption at the top or bottom of a cartoon such as "Vegetables make healthy children," helped to carry over the point. Other pictures such as an animated milk bottle knocking out an animated coffee pot in a fight, interested and amused both children and adult spectators. The artist spent ten minutes making cartoons, whereupon one of the society's workers would mount the platform and give a short talk to the assembled crowd.

At the same time, one of the society's nurses weighed children and gave advice regarding infant care and hygiene.



"CHALK TALK" CARTOONIST WHO CONTRIBUTED LARGELY TO THE SUCCESS OF A STATE FAIR EXHIBIT OF THE DETROIT TUBERCULOSIS SOCIETY

Modern Health Crusade
DEPARTMENT

The New Crusade Manual

Orders for the 1922-23 Crusade material indicate that the improvements made and the new features added are meeting with widespread approval. The nutrition edition of the chore record will be used very extensively. A large increase in the number of calls for the prompter and hygienic inspection blank indicates that in its improved form it finds wider acceptance among teachers. There have been three editions of the prompter and inspection blank, each one simpler than the former. The 1922 edition is good for any set of chores in the graded course and can also be used with the nutrition edition of the chores. Instructions for hygienic inspection as well as tables for checking up chore performance are printed on the blank. Each copy serves for ten pupils over a period of four weeks.

In line with other improvements, the Crusade Manual has been thoroughly revised. An introductory course for kindergarten and first two primary grades, and an advanced course for seventh and eighth grammar grades and high school, are included in the Manual. The general Crusade course in chores graded for the third, fourth, fifth and sixth grades is described in detail, as is also the nutrition course. A cut of the nutrition chore card showing the charting of the "standard weight line" and "actual weight line" of a nine-year-old boy occupies the center pages of the manual. The checking of the chores is also shown on the cut.

The Round Table program constitutes the advanced Crusade course for the seventh and eighth grades and the high school. All of the old qualifications for seats at the Round Table are retained, and two new ones added: the first, passing the tests in swimming required by the American Red Cross for junior life-saving crews; and the second, work in a community sanitation program. The inclusion of this last activity in a general health program has been emphasized by the Advisory Committee on the Crusade from the State and Provincial Health Authorities of North America. The range of activities necessary for admission to the Round Table is now sufficient to allow for a wide choice. All of the tests included in the list of qualifications for a seat at the Round Table contribute to physical fitness, but no candidate needs to pass them all before he can qualify for membership in the order.

The Brief Explanation is to be incorporated in the manual so that no teacher will need both the Manual and the Brief if she plans to take up only the essential features of the Crusade and none of the specialized work or supplementary devices. In the Brief is contained a table of school credits which will enable the teacher to determine more readily a pupil's credit for a school month. The table begins with "72 chores = 100%" and ends with "43 chores = 60%."

Supplementary devices including a handkerchief drill and stories and games for kindergarten and first and second grade children are also included in the new manual. At the end is listed a bibliography of health primers, stories, pamphlets and books on hygiene, physiology, sanitation and allied subjects.

How They Do It

Wyoming

In Wyoming the State University has placed the Crusade in its Normal Training Department. During the past year every one of the teachers' examinations for certificates has contained questions on the Crusade. One county superintendent places on the "Honor Roll" only the schools whose teachers conduct the Crusade, have good drinking water, and serve hot lunches.

Pennsylvania

At a Round Table Conference of superintendents and principals of schools of Schuylkill County held in May, the following resolutions were adopted:

1. "That the Modern Health Crusade be continued in the schools of Schuylkill County for the term 1922-23.

2. "That the Crusade is more beneficial when conducted the full school term in like manner as other studies.

3. "That the Modern Health Crusade in a large measure meets the requirements and demands of Physical Education and Health Instruction as outlined by the State Department of Public Instruction; and that school boards and teachers be urged to incorporate it in their curriculum as part of the instruction on these subjects; and that the school districts secure the Modern Health Crusade supplies the same as other supplies or books for their schools."

Texas

In Texas, participation in community sanitation is already a part of the Crusader's duties. In Del Valle not long ago the Crusaders had a "clean-up-day" on which they cleaned up the school grounds, destroyed weeds, and then planted a number of fruit and nut trees.

Secure Sanatorium Radio Outfit

The Irene Byron Tuberculosis Sanatorium, of Fort Wayne, Ind., recently tried a plan to secure a wireless outfit that worked very satisfactorily. The Fort Wayne News-Sentinel, one of the leading papers of the city, was approached and made an announcement in their paper that they would be glad to act as custodians for a fund to be raised for the purpose of installing a radio outfit at the sanatorium. They headed the list with a contribution of $20.00. Within a few days a fund of about $800 had been accumulated. With this amount a complete and modern radio outfit was installed at the sanatorium, and an amplifier arranged for each ward and building so that the music or entertainment at the various wards can be put on or shut off at will. This sort of arrangement is proving of great value in reducing homesickness and making the patients more contented.

The Pittsburgh Tuberculosis League Sanatorium and a number of other institutions also have radio outfits and give regular entertainments for their patients.

Red Cross Publishes Exhibit Manual

The American Red Cross has published an "Exhibit Manual" which contains a good deal of valuable information regarding the construction of a health exhibit. Almost at the outset the author gives his readers such excellent advice as the following: "It is better to show a few things which will impress themselves on the visitors than to have a number of posters and photographs, none of which will be vividly recalled afterwards. By all means organize early for the exhibit, which means a better exhibit."

The manual contains suggestions in regard to the location of the booth, the formation of an exhibit committee, the function of an exhibit, as well as the many details that are so necessary in order to make the demonstration a success. Other subjects discussed are the health clown, distribution of literature, showing of slides and motion pictures, exhibit publicity and cooperation with other organizations. Window exhibits, floats for parades, costumes and decorations are also considered.

A few suggestions as to demonstration of the public health nursing service of the Red Cross include child welfare conferences, with physician to give thorough examination of children, assisted by the nurse, and weighing and measuring of children by the nurse without a physician.

Other chapters deal with "Preparation of Infant Feeding," "Proper Care of Teeth," "Use of Paper Drinking Cups," and directions for conducting demonstrations on home hygiene and nutrition work.